

Cool 'n' Crunchy Chicken Salad

Recipe provided by DCI



Portions: 6 **Serving size:** 1/2 cup

Ingredients

- 2 cups chicken, cooked
- 1 large hard boiled egg
- 2 tablespoons onion
- 1/4 cup celery
- 1/4 cup reduced-fat mayonnaise
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon sugar
- 1/4 teaspoon black pepper

Preparation

1. Dice or shred chicken. Chop egg, onion and celery.
2. Place all ingredients in a large bowl and stir together.
3. Cover and chill overnight or at least 2 hours before serving.

Helpful hints If desired, serve on bread, roll, croissant or pita bread with green leaf lettuce

Nutrients per serving **Calories** 127, **Protein** 16 g, **Carbohydrates** 2 g, **Fat** 6 g, **Cholesterol** 75 mg, **Sodium** 95 mg, **Potassium** 136 mg, **Phosphorus** 122 mg, **Calcium** 14 mg, **Fiber** 0.2 g